|  |  |
| --- | --- |
| **Lentil and silverbeet gratin**  Serves: 24 - 26  Source: adapted from taste.com.au magazine | |
| **Ingredients**  2 tablespoons olive oil  1 small brown onion, finely chopped  1 small carrot, finely chopped  1 stick celery, finely chopped  2 tablespoons currants  1 garlic clove, minced  1 bunch silverbeet, stems and leaves sliced finely  2 tablespoons plain flour  1 & ¼ cups milk  400 gram can brown lentils, drained and rinsed  ½ cup grated tasty cheese  ½ cup course bread crumbs  Juice and rind from 1 lemon  Olive oil spray | **Equipment**  Knives  Chopping boards  Fry pan  Saucepan  Cup measures  Wooden spoon  Microplane grater  Grater  Peeler  Sieve  6 x Ramekins |
| **What to do:**   * Preheat oven to 180 degrees * Heat one tablespoon of the oil in a non- stick frying pan over a medium heat * Add the onion, carrot and celery, stir for 3 minutes or until soft * Add the currants and garlic and cook for a further 2 minutes * Add the silverbeet, cover and steam for 4 minutes – stir occasionally * Remove lid and cook whilst stirring for 2 minutes * Transfer to a sieve to let drain * Heat remaining oil in a saucepan over a medium low heat, add flour and cook for one minute * Remove from heat and slowly add the milk, beginning with one tablespoon at a time, and mixing well with each addition, to ensure a smooth sauce. If you add too much milk at once you will have a lumpy sauce * Once all the milk is incorporated, return to the heat and allow to come to a simmer, stirring continually * Then add the silverbeet, lentils and lemon rind & juice * Divide into 6 ramekins that you have lightly sprayed with olive oil spray * Sprinkle with combined cheese and bread crumbs and bake for 15-20 mins | |